

**OUR MISSION:**  
Provide one hot, nourishing meal per day, including weekends, to the elderly and / or the disabled, to enable them to maintain independent living with safety and dignity. Along with meal delivery, through wellness checks, we are committed to networking with other organizations to coordinate services in the home that enhance quality of life.

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Like Us On FACEBOOK

# WE ARE **Prescott** **Meals On Wheels**

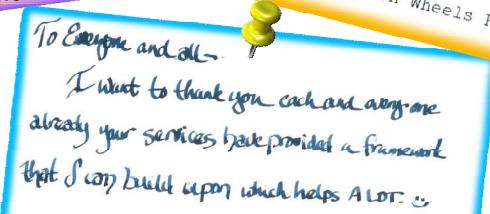
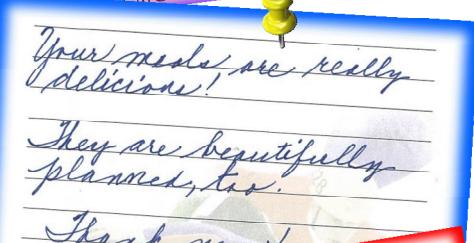
So no senior goes hungry.™

SEPTEMBER – OCTOBER 2014

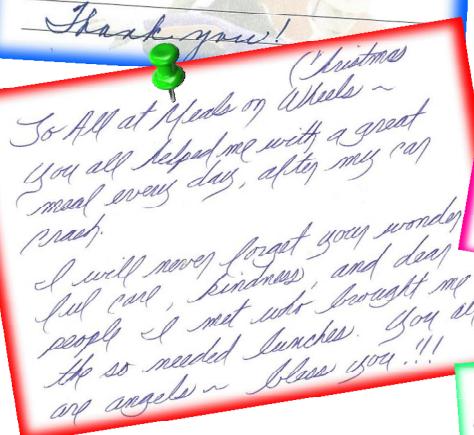
## These notes of thanks belong to YOU!

Everyone, together, whether donor, volunteer, or corporate sponsor, plays a vital role in making sure we deliver on our mission to provide one hot nourishing meal per day to those in our community who find themselves in need.

### Thank You

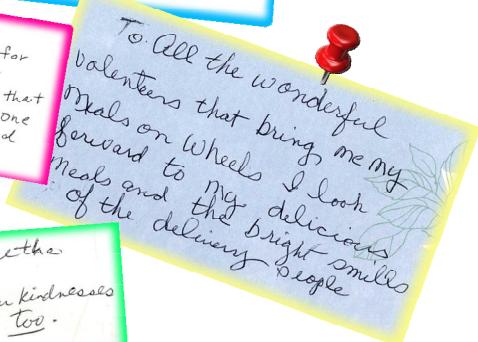


P.S. Thank you to whomever made me the Veggie Jeff's Famous Spaghetti - Delicious! Thanks again.



Thanks so much for the meals and for all the volunteers that make it work. Everyone caring.

Thank you for another delicious meal so tasty! and your kindness too.



Prescott Meals On Wheels completed its fiscal year on June 30, 2014 and because of generosity such as yours we were able to provide 64,000 meals to homebound individuals as well as those served in our dining room. The meals were packaged, served and delivered with 17,500 hours of donated volunteer time. You, your generosity and community spirit play a significant role in our accomplishments and service to Prescott. Thank YOU.

WE ARE **Prescott**  
**Meals On Wheels**  
So no senior goes hungry.



# Golf Tournament

## Saturday, September 20

[www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)

Golf and good times with a purpose!

There is still time to register for the Prescott Meals On Wheels Golf Tournament. Sign up today! Just \$95 per golfer supports a whole bunch of meals delivered hot, to the door of our neighbors in need.

### Ways to register:

- Online at [www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com). Payment may be made via PayPal or Credit Card from the website
- By mail - simply return this form with your check payable to Prescott Meals On Wheels and mail to 1280 E Rosser Street, Prescott, 86301
- By phone - give us a call and we'll take all of the information 928-445-7630
- In person - stop by our office on weekdays between 8:00 am and 3:00 pm

Registration Policy: Please, no-shows will forfeit any and all registration fees

## YOU'RE INVITED!

GARDEN BROOK REALTY'S  
ANNUAL BOOK SALE

### Benefitting Meals-on-Wheels

#### When:

Friday, September 19<sup>th</sup>, 2014

Saturday, September 20<sup>th</sup>, 2014

From: 10am - 4pm

#### Where:

Garden Brook Realty

340 W. Willis St. Suite 2 • Prescott, AZ 86301

(The big Log Cabin at the corner of Willis St. and McCormick)



Can't attend the book sale?

Donate directly to Prescott Meals-On-Wheels

1280 E. Rosser Street • Prescott, AZ 86301

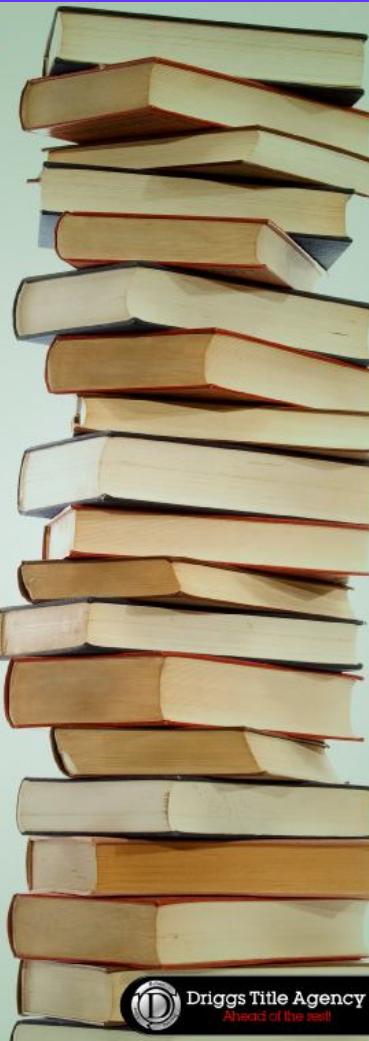
(928) 445-7630



Garden Brook Realty is the proud sponsor of this book sale benefiting the Quad City area's Meals-on-Wheels programs

For more information about the event, please call:

Dede Erceg: (928) 710-0020



### Dates to Remember:

- Tri-City Singles Giant Yard, Garage and Bake Sale to benefit Meals On Wheels  
**Saturday, September 27**  
4406 N. LaJolla in Prescott Valley  
8:00am, half price sale at 2:00 pm  
Call 830-3689 to donate items
- The Yavapai Classic Cruisers cruise into the Prescott Meals On Wheels parking lot on **Tuesday, September 30th** to join us for lunch at 11:15am. Stop by and check out the classy classics!
- Intravest Title  
Springing for Senior Hunger  
Big Event to Alleviate Senior Hunger  
**Saturday, October 4**  
1955 Commerce Drive in Prescott
- Lunch with the Librarian 11a -1pm
  - Thursday, September 11
  - Thursday, September 25
  - Thursday, October 9
  - Thursday, October 23
- Lunch is served weekdays 11:15 am to 12:45 pm. Check out the menu page of our website [www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com).



## Community Rewards Program!

Shop AND Give at the Same Time

If you have already enrolled in the Fry's Community Rewards Program THANK YOU. If you enrolled before August 1, 2014 it is time to re-enroll in order for Prescott Meals On Wheels to receive rewards each time you go shopping!

To register go to [www.FrysCommunityRewards.com](http://www.FrysCommunityRewards.com) and sign up with your V.I.P Card by selecting Prescott Meals On Wheels as the community service organization you would like to support. Once you're enrolled you'll earn rewards for Prescott Meals On Wheels every time you shop and use your V.I.P Card!

Prescott Meals On Wheels is pleased to introduce you to our new Development Manager, Sue Marceau.



Sue is a marketer / business developer who creatively manages public perception, support and contributions to enhance the bottom line for sustainability and growth. She has a knack for delivering campaigns welcomed by audiences and attuned to the mission. For Prescott Meals On Wheels she will help drive fundraising initiatives to ensure sustainability, community awareness, support and funding for those we serve in the community. Sue is a Prescott resident since 2001 with a passion for writing, photography, travel and languages.

## To Your Health

Protecting your bone health is easier than you think.

Understand how diet, physical activity, and other lifestyle factors can affect your bone mass.

Bones play many roles in your body - providing structure, protecting organs, anchoring muscles and storing calcium. It is important to know that you can take steps to protect bone health.

### Why is bone health important?

Weak, brittle bones predispose a person to osteoporosis with resulting bone fractures and possible physical disabilities. Bone mass increases during childhood and youth, and peaks around age 30. After that, the tendency is to lose more bone mass than you gain. How likely you are to develop osteoporosis, depends on how much bone



mass you attain by age 30 - your "bone bank account", and how rapidly you lose it after that.

### What affects bone loss?

- The amount of calcium in your diet
- Physical activity. Physical inactivity causes bone loss.
- Tobacco and alcohol use. Research has suggested that tobacco contributes to bone loss, and so does more than two alcoholic drinks a day.
- Gender, size, and age. Women have less bone mass; if you are very thin woman or have a small body frame you may have less bone mass to draw on as you age.
- Race and family history. If you are white or of Asian descent, or a family member has osteoporosis, you are at increased risk - especially if you have a family history of fractures.
- Hormone levels. Elevated

thyroid levels or decreased estrogen or testosterone can affect bone mass.

- Eating disorders and other conditions, such as stomach surgery, weight loss surgery, and Crohn's, Cushing's and celiac disease may affect your ability to absorb calcium.
- Certain medications. Always ask your physician or pharmacist about the side affects of the drugs that you are prescribed.

### What keeps bones healthy?

- Include plenty of calcium in your diet
- Pay attention to vitamin D. From age 19 to 70, you need 600 IUs a day, and this increases to 800 IUs when you reach 71 years of age.
- Include physical activity in your daily routine. Make sure you include weight-bearing and aerobic exercises in your routine.
- Avoid substance abuse

### Bone Health: Tips to keep your bones healthy

By Mayo Clinic Staff

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[www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)

1280A East Rosser St.

Prescott, AZ 86301

Phone: 928-445-7630

Fax: 928-445-1725

E-mail: [PMOW@cableone.net](mailto:PMOW@cableone.net)

There are two ways to receive meal service from Prescott Meals on Wheels.

- 1) **Private Pay** - Meals are billed to the recipient monthly at \$6 per meal.
- 2) **NACOG** - Individuals may apply through the Northern Arizona Council of Governments (NACOG) 877-521-3500. This is a donation based program.



### Sponsors:

- Arizona Lottery
- City of Prescott
- Costco
- Daily Courier
- Department of Economic Security
- ExxonMobil Foundation
- Fry's
- Garden Brook Realty
- Great Circle Media
- Jewish Community Foundation of Greater Prescott
- NACOG / Area Agency on Aging
- Net Results Media, Inc.
- Prescott Area Young Professionals

### Prescott Meals on Wheels

#### Meet the Staff:

##### **Bert Elizabeth Ijams**

Executive Director—[BertPMOW@cableone.net](mailto:BertPMOW@cableone.net)

##### **Sue Marceau**

Development Manager—[SuePMOW@cableone.net](mailto:SuePMOW@cableone.net)

##### **Sarah Kime**

Client Services and Volunteer Coordinator  
[SarahPMOW@cableone.net](mailto:SarahPMOW@cableone.net)

##### **Lisa Nau**

Accounting Coordinator—[LisaPMOW@cableone.net](mailto:LisaPMOW@cableone.net)

##### **Terry Charette**

Meal Delivery Coordinator—[TerryPMOW@cableone.net](mailto:TerryPMOW@cableone.net)

##### **Jeff Boatman** - Head Cook

##### **Alex Valenzuela** - Prep Cook

##### **Ruthanna Schaffer** - Custodian

**Thank You...**  
...For helping to fill the plate of a senior in need.

- Prescott Noon Lions
- Prescott Noon Lioness
- St. Mary's Food Bank
- State Employees Charitable Campaign
- Tri-City Singles
- Valley of the Sun United Way
- Yavapai Classic Cruisers
- Yavapai County Community Foundation and
- Hundreds of Compassionate Donors
- Hundreds of Generous Volunteers

To invest in Prescott Meals on Wheels please contact us: 928-445-7630